The Things to Learn Before

You Put on a Pair of Gloves

at All-How to reach an

Opponent and Get

Away Before He

Knows You Have

Moved.

HOW TO BECOME ATHLETES WITHIN A FEW MONTHS.

The Test of Skill, Strength and Quickness Against the Skill, Strength and Quickness of Other Living Things. Boxing as the Finest of Sports.



nts often object to boxing, because ractice leads to a certain amount are quite right. The boy who is malicious or revengeful finds tempting opportunity or satisfying those feelings in a boxing

that the object of friendly boxing is not to "punch" the other fellow. The boy

enough not to be afraid of a person to associate with cleandecent and manly lads.

to develop that one particular ability is by punching a lively, air-filled bag, and

ach other hammer and tongs, they are doing very little boxing. They are just mauling one another, and under those clence of boxing.

clence of boxing.

In greally is a science. The fact so many professional pugilists call selves "professors" and prate of the milic manily art" has caused lots of red persons to wise the "science" of ag with contempt. But it is a science, it was founded in science by the sk, who based their athletic sports trictly scientific grounds.

It was founded in science by the striking of the blow is only the lest part of real boxing. The boy hopes to become a good boxer must a whole multitude of things before hinks of using his hands.

In you have made a good long stride you will find that your body is resting largely on the ball of the toe of the right foot. Look and see that this right foot is turned out slightly—not in an exaggerated way, but just enough, as a person would do in walking, if he is not pigeon-toed.

Now, without bracing your arms, swing and rock yourself forwards and backwards and sideways. You will find that it is not easy to keep balanced. You will see the desired to suit his particular need. It is not easy to keep balanced. You will feel it necessary to shift your feet of that right toe from the spot where it is planted, you are not ready to bother about boxing with your faet. Now notice one thing. If you are standing correctly, even if you have not acquired the science of balancing yourself.

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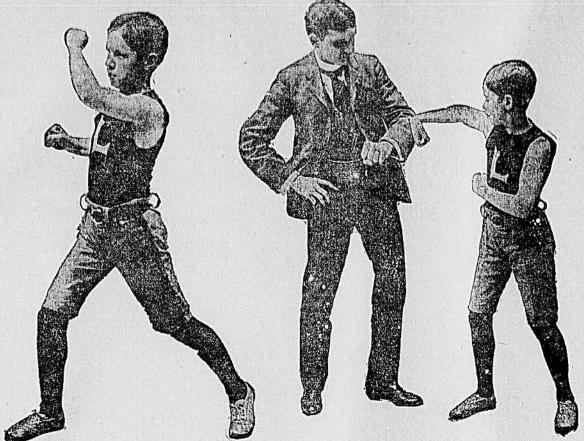
Now notice one thing, if you have not acquired the colling the province of the pourself for wards and rock yourself for wards and rock your

back of neck, as boxing.

clean agreement between the boys. forms of athletics, with less cause for

opponent should be debarred at once urther participation. This is not so much to save the others

Every good boxer must be able to trike a hard, swift blow. But the way



A good arm position for parrying a straight blow that comes in return for one just struck by the boy with his right fist. But his feet are wrong, and even if he parries the coming blow successfully he will be thrown out of position and be open to successful attack.

The result of striking with a loosely closed hand. If the blow had force behind it, the boy's wrist would hard parry against his right arm would throw him off

his balance entirely. be sprained or even broken by the man's parrying elbow.

Lunging from the left foot instead of the right a swift,

perfect balance. This power of balanc-ing must be so complete that even if you were to be shoved or hit with great

a measure. If you don't experience that eeling, stick to this one position, with

Keeping your feet as they are, let your body sink down until your knees bend, then "jump" yourself to an upright posi-



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Studies in Natural History.



tion of this strange beast, whose sole pur-

pose in the world appears to be to take away people's appetites.

Few studies in natural history are more fascinatingly interesting than the evolution of this malevolent creature. In ancient times it was the custom of the Romans to introduce a skeleton at the feast in order to remind the diner that man was mortal and liable to dyspepsia, and that terrapin was mostly veal, anyhow. This was most salutary, and kept the warm sports from whooping things up too much.

Careful investigation shows that the

warm sports from whooping things up too much.

Careful investigation shows that the Head Walter is the lineal descendant of His Bones, and has precisely the same depressing effect, for no matter how gay a party enters a restaurant, the minute they catch the Head Waiter's eye they become silent and sad, and it is only too apparent that they would sneak away if they dared. In that awful presence the millionairs becomes meek and cowed, the man who controls thousands of employes obeys as humbly as a child and sits where he is told to sit, and thus is the wholesome lesson impressed upon us that we are nit.

the wholesome lesson impressed upon us that we are fill.
Without undue boasting America may proudly claim the honor of reaction, for while it is true that European hotels and restaurants keep a kind of waching that they call a Head Wather it is an inferior, weak-spirited unaggressive species that is not for a moment by compared with our own ordly beast. Here, and here alone, in all its insolence and utter disregard for a more customer, is to be found the species in its unparalleled perfection.

to be found the species in its ungaralised perfection.

Recognizing that this is one of the most danserous creatures that man ever encounters, scientists have placed it among the man-devouring animals (genus eatemupis), but inasmuch as, like the witch, it can be hit by silver, it has been found necessary to subdivide the species into two classes, the maitre d'hotel, which becomes innocuous and even fawns upon you if you fire ten dollar bills at it, and the wise, ordinary Dub Head Walter, which can be hit in the right spot by a dollar.

The appearance of the Head Waiter, as dilar and the history of the head waiter, as the seem of the head waiter, as the seem of the boldest, and to cause find woman to almost collapse with fear. It is always black and white, with a massive gold watchchain, a clean-shaven face and large pudgy feet, on which it sways back and forth while waiting for a victim. The most remarkable thing about it, however, is its hypnotic eye and its expression of absolute, overwhead the power. This expression, which rests like a veil upon its marble counterface is never changed except for one of withering contempt when some intrepid jay orders a cheep meal.

The habits of the Head Waiter are also

The HEAD WAITER.—Among the animals whose very appearance is so fearsome it paralyzes man to behold them is the Head Waiter, which has been aptly called The Terror of the Desert, of the soup. In nothing else is reserious and inscrutable purpose idence so manifest as in the creating the interval of the transparency of the soup. In nothing else is reserious and inscrutable purpose idence so manifest as in the creating the hold-up line, although it never actually any coabulary except the three difference and values, the hold-up line, although it never actually any coabulary except the three differences one without being of univoked hauteur. New York possesses a magnificent collection of Head Waiters, those along the complete without being of univoked hauteur. Going up against these creatures is one of the soup against these without being skinned. room. As soon as it sees a number of persons enter the door it approaches them and
observing that they would like to sit at a
table in one part of the room it pounces
upon the luckless wights and bears them
to the opposite end. No one knows why
it does this, but everybody submits without uttering a protest. There is a legend
that once upon a time a bold and foolhardy man defled the Head Waiter and
picked out his own table, but he paid
dearly for his folly, for he perished miserably by slow starvation before anyone
would take his order. Since then no one
has ever dared disobey a Head Waiter.
After having once seated its victims the
Head Waiter begins to get in its fine work
as a grand inquisitor. It stands around
looking supercilious and contemptuous
until it gets upon the indvduals' nerves,
and rattles them so that they order far
more expensive meals than they desired
or could afford, for while there are many
people who are herole enough to lead a
forlorn hope on the battlefield, or risk
their lives to save a drowning person,
nobody has ever been found with courage
enough to order corned beef and cabbage,
with Oscar's eyes upon them.

The Head Waiter is also responsible for
the prevalence of dyspepsia in this country, as it is the torture of feeing that
the critical eyes of this creature are upon them that causes most people to bolt
their food and run.

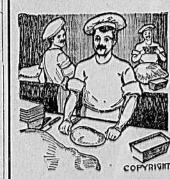
As may be supposed, the Head Waiter
is by no means a family pet, though
some people who like to keep animals of
the known as the Butler. It is, however,
a creature of some intelligence, and
learns to do many interesting things in

PHOTOGRAPHS.

The Elite Studio,

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C. H. STAUNTON, Manager.



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are adjectives aptly applied to Bromm's Bakery. We stretch a point to avoid even an approach to anything contaminating, and patrons of this bakery may rest assured of the perfect cleanliness of every ounce of bread, cake and pie we bake.

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516 East Marshall Street.

with their especial fine of business, in reached by a circular letter every month. Filling is another feature of general office work. Of course, every business, but to the office work. Of course, every business, but to the office work office work for content of the end and the end of the world know not how the other half lives. Certainly, that half of the world of work men, who in the luxurlous exclusion of their eleant homes "toll not neither do they spin," never know how the other half lives. Certainly, that half of the world of work spin," never know how the other half lives and the end of their eleant homes "toll not neither do they spin," never know how the other half lives and the work of their eleant homes "toll not neither do they spin," never know how the other half lives and the eleant homes "toll not neither do they spin," never know how the other half lives and the eleant homes "toll not neither do they spin," never know how the other lates and the work of their eleant homes "toll not neither do they spin," never know how the other lates and the work with the confident many provide their own food, raiment and habitation manage to live. In every large city there are innumerable ways, unknown to the majority of people, by the spin, and the content and habitation manage to live. In every large city there are innumerable ways, unknown to the majority of people, by which girls are daily supporting themselves. Engaged in what is known did live and the content of the end of the extreme half live and the content of the end of the extreme half live and the content of the end of the extreme half live and the end of the ext

permitted, so to speak, by the exhaustive dreds of girls. system of advertising employed by the ost important part in the office applied fo girls put up ready for mail every concelvable kind of advertising matter, circulars, blotters, calendars, cards, etc. These are sent to dealers and customers every season; some firms, indeed, go so far as to have a system of advertising by which every one, in any way connected with their especial line of business, is reached by a circular letter every month. All of this work is done by girls.

Filing is another feature of general office work. Of course, every business man knows what filing means, but to the ordinary run of people, to file a bill or letter would mean to impale it upon the regulation wire file. In a large office, however, filing means the separating of bills, letters, etc., and putting them into alphabetically marked compartments.

A girl who has been engaged in doing office work for some time writes this account of her work, from the work of every large concern. Here the diligence and close application, obtained one of the best positions in the office:

"Being left some three or four year

ago entirely dependent upon my own re sources, I began to look around for some way by which I could make a living. I had not been trained for any special which every one, in any way connected education and some common sense, work, and although possessed of a good was very much puzzled as to what I should attempt to do. I knew that there